



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01185, Parmesan cheese topping, fat free

Report Date: July 11, 2017 14:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 5g
Proximates					
Water	g	8.60	--	--	0.43
Energy	kcal	370	--	--	18
Energy	kJ	1548	--	--	77
Protein	g	40.00	--	--	2.00
Total lipid (fat)	g	5.00	--	--	0.25
Ash	g	6.40	--	--	0.32
Carbohydrate, by difference	g	40.00	--	--	2.00
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	1.50	--	--	0.07
Minerals					
Calcium, Ca	mg	800	--	--	40
Iron, Fe	mg	5.00	--	--	0.25
Magnesium, Mg	mg	40	--	--	2
Phosphorus, P	mg	700	--	--	35
Potassium, K	mg	600	--	--	30
Sodium, Na	mg	1150	--	--	58
Zinc, Zn	mg	3.00	--	--	0.15
Copper, Cu	mg	0.020	--	--	0.001
Selenium, Se	µg	43.3	--	--	2.2
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.050	--	--	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 5g
Riboflavin	mg	0.050	--	--	0.003
Niacin	mg	0.200	--	--	0.010
Vitamin B-6	mg	0.100	--	--	0.005
Folate, total	µg	25	--	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	25	--	--	1
Folate, DFE	µg	25	--	--	1
Choline, total	mg	15.4	--	--	0.8
Vitamin B-12	µg	1.10	--	--	0.06
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	40	--	--	2
Retinol	µg	39	--	--	2
Carotene, beta	µg	13	--	--	1
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	151	--	--	8
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.4	--	--	0.0
Lipids					
Fatty acids, total saturated	g	3.110	--	--	0.155
4:0	g	0.162	--	--	0.008
6:0	g	0.096	--	--	0.005
8:0	g	0.056	--	--	0.003
10:0	g	0.126	--	--	0.006
12:0	g	0.140	--	--	0.007
14:0	g	0.502	--	--	0.025
16:0	g	1.303	--	--	0.065
18:0	g	0.606	--	--	0.030

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 5g
Fatty acids, total monounsaturated	g	1.446	--	--	0.072
16:1 undifferentiated	g	0.112	--	--	0.006
18:1 undifferentiated	g	1.256	--	--	0.063
20:1	g	0.076	--	--	0.004
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.186	--	--	0.009
18:2 undifferentiated	g	0.113	--	--	0.006
18:3 undifferentiated	g	0.073	--	--	0.004
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	20	--	--	1

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0